**Foods and Nutrition**

**Unit 4: Nutrients and Energy**

**Unit 4 Standards**

Standard 14:

2.0 Define terms associated with nutrients, including RDA, daily value, calories, BMR.

3.0 Identify caloric levels, RDA’s, and BMR for the average person.

4.0 Compute caloric levels and BMR for you and compare to the average person.

Standard 15:

2.0 Define/identify the importance of carbohydrates, fats, and proteins.

3.0 Identify sources, excess and deficiency issues of carbohydrates, fats, and proteins.

4.0 Analyze your diet for carbohydrates, fats, and proteins.

Standard 16:

2.0 Define/identify the importance of fat soluble vitamins.

3.0 Identify sources, excess and deficiency issues of fat soluble vitamins.

4.0 Analyze your diet for fat soluble vitamins.

Standard 17:

2.0 Define/Identify the importance of water soluble vitamins.

3.0 Identify sources, excess and deficiency issues of water soluble vitamins.

4. Analyze your diet for water soluble vitamins.

Standard 18:

2.0 Define/Identify the importance of minerals and water.

3.0 Identify sources, excess and deficiency issues of minerals and water.

4.0 Analyze your diet for minerals and water.

Standard 19:

2.0 Identify a concern/unanswered question you have about vitamins/minerals/nutrients.

3.0 Research a concern/unanswered question you have about vitamins/minerals/nutrients.

4.0 Analyze your findings to a concern/unanswered questions about vitamins/minerals/nutrients.